



State of Arizona
Department of Education

Tom Horne
Superintendent of
Public Instruction

MEMORANDUM

CN# 23-05

TO: School Health & Nutrition Program Sponsors

**FROM: Mary Szanfranski, Deputy Associate Superintendent
Arizona Department of Education, Health & Nutrition Unit**

**Holly Mueller, Program Director
Arizona Department of Education, School Health & Nutrition Programs**

DATE: December 6, 2005

Re: 2005 Calendar

The 2005 Calendar, Reach for Wellness, is the Arizona Department of Education's way of thanking you for all you do to feed students across the state. The topics of the calendar focus on maintaining and improving health and well-being. The calendar also spotlights important dates related to the National School Lunch Program and Food Distribution. We hope the calendar serves as a reminder that you need to take care of yourself before you can take care of the students.

The calendar is full of helpful wellness tips and information to help you be well throughout the upcoming New Year. It includes ideas on how to prevent job related back injuries, ways to quit smoking, and tips on preventing osteoporosis! The 2005 Calendar will be a helpful reminder of significant dates like when claims must be submitted and when other essential reports are due.

We appreciate all that you do. We hope that you find the calendar useful. Happy New Year!